



# Media Release

*For Immediate Release*

## RDC ATHLETICS UPDATE

Red Deer, October 18, 2010

### 1. NEWS

### 2. Upcoming Athletics Events

#### HOME

- **Hockey Queens** vs. NAIT Thursday, Oct. 21, 7pm @ Red Deer Arena
- **Volleyball** – Regular Season Home Opener
  - vs. Lethbridge Friday, Oct. 22nd @ 6pm
  - vs. Lethbridge Saturday, Oct. 23<sup>rd</sup> @ 1pm

(Queens start time; Kings to follow)

#### AWAY

- **Hockey Queens** vs. NAIT Thursday, Oct. 23, 2pm @ NAIT Arena
- **Soccer Queens - ACAC Championships** @ CUCA Oct. 22-24
- **Basketball**
  - vs. Briercrest Friday, Oct. 22nd @ 6pm
  - vs. Briercrest Saturday, Oct. 23<sup>rd</sup> @ 1pm

(Queens start time; Kings to follow)

### 3. Boston Pizza RDC Athlete of the Week

**Men:** Nick Bell, Kings Volleyball

Hometown: Brisbane, Queensland, Australia

Year/Program: 1<sup>st</sup> Yr / Open Studies

Nick played very well all weekend for the Kings Volleyball team. The first year setter led the Kings to a 3-1 record during a non-conference tournament in Calgary at the Edge School for Athletes. Nick did a great job of keeping everyone involved offensively and also chipped in 6 stuff blocks and 12 digs over the weekend. He was also our most consistent server generating 2 aces, and putting teams in trouble off his serve in all four matches



**Women:                    Montanna Noyes, Queens Hockey**

Hometown:                Onoway, AB  
 Year/Program:            2<sup>nd</sup> Yr / Kinesiology

Montanna is a fierce competitor for Queens Hockey and practices as hard as she plays. After struggling in the RDC home opener against SAIT the team made some key line changes that found Montanna and her new line mates gelling right away in their first game together. With some great heads-up plays by her teammates Heinemann and Froehler and great individual effort and skill, Montanna recorded her first ACAC “hat trick” and topped it off by adding one more for four goals in the Queens 5-4 loss against the Trojans on Saturday night.

**4. Last Week’s Results**

<b>Queens Soccer – League</b>	
Oct. 16 vs. SAIT	<b>RDC 2 – SAIT 0</b>
Oct.17 vs. MRU	<b>RDC 0 – MRU 2</b>
<b>Kings Soccer – League</b>	
Oct. 9 vs. SAIT	<b>RDC 0 – SAIT 4</b>
Oct. 10 vs. MRU	<b>RDC 1 – MRU 5</b>
<b>Queens Hockey</b>	
Oct. 14 vs. SAIT	<b>RDC 0 – SAIT 4</b>
Oct. 16 vs. SAIT	<b>RDC 4 – SAIT 5</b>
<b>Golf –CCAA Championships @ TRU in Kamloops, Oct. 11-15</b>	
Men’s First Place: Humber College	Women’s First Place: Durham College
<b>Cross Country Running Grand Prix #5 - Oct. 17/10</b>	
<u>Women: 5km top three:</u> 1. Ciara Kary (U of C)                    18:44 <b>2. Jodi Sanguin (RDC)                    19:12</b> 3. Fiona Benson (GPRC)                19:18 Other RDC runners in Top 10: 7. Jesslyn Begin                            20:24 (3 <sup>rd</sup> College) 13. Natasha Dorsey                        21:33 (7 <sup>th</sup> College)	<u>College Teams</u> 1. <b>RDC (1, 3, 7, 13) = 24 points</b> 2. LCK (5, 6, 16, 18) = 45 points 3. AUG (4, 9, 17, 21) = 51 points
<u>Men: 8 km top 3</u> 1. Willy Kimosop (LCK)                    25:44 2. Ed Kangogo (Open)                      27:13 3. Andrew Pohl (AUG)                      27:31 Top Red Deer runner: 59. Arie teStroete                            33:43 (34 <sup>th</sup> College)	<u>College Teams</u> 1. LCK (1, 3, 4, 7) = 15 points 2. AUG (2, 5, 10, 21) = 38 points 3. MAC (6, 8, 15, 18) = 47 points (RDC had incomplete men’s team)
<b>Non-Conference</b>	
<b>Basketball Sandman Hotel Fall Royalty Classic Oct.14-16 @ RDC</b>	
<b>KINGS:</b> 1 win; 2 losses	<b>QUEENS:</b> 1 win; 2 losses



RDC 63 - UNBC 82 RDC 79 - NAIT 106 SAIT 72 - RDC 81	RDC 51 - MacEwan 77 OC 44 - RDC 59 RDC 60 - UNBC 68
<b>Badminton</b> Interlock #1 @ CUCA, Oct. 16-17 for results: <a href="http://www.acac.ab.ca/pages/badminton.php">http://www.acac.ab.ca/pages/badminton.php</a>	
<b>Kings Volleyball Tournament @ MRU</b> Oct. 15-16/10 3 wins; 1 loss For detailed results: <a href="http://www.acac.ab.ca/pages/volleyball-mens.php">http://www.acac.ab.ca/pages/volleyball-mens.php</a>	<b>RDC 3 - NAIT 0</b> <b>RDC 3 - SAIT 1</b> <b>BC 3 - RDC 2</b> <b>RDC 3 - MRU 2</b>

### 5. Coaches' Comments

#### Robert Weddell, Queens Hockey

This week RDC Queens face NAIT at home Thursday night and then are on the road Saturday to play the Oaks in their building. RDC has not faced NAIT yet this season but are looking forward to the challenge of facing off against the team that edged them out in the semi-finals of last season. Both NAIT and RDC will be looking for their first league game win.

#### Dawn Smyth, Queens Basketball

The Queens competed this week in their home Sandman Fall Classic. They played RDC 51-MacEwan 77, RDC 60 - UNBC 68 and Olds 44- RDC 59 finishing the weekend 1-2. This week we travel to Briercrest to start our first two league games

#### Talbot Walton, Queens Volleyball

The Queens kick off the season against a bit of an unknown with Lethbridge. The Queens did not match up against the Kodiaks once in pre-season, but they do know that the Kodiaks will have a bunch of new faces on their team. From a coaching standpoint, Coach Walton isn't worried about what his opponents will be doing; his primary concern is making sure the Queens function at their level.

#### Aaron Schulha, Kings Volleyball

Kings Volleyball opens the season this weekend at home against Lethbridge. They are a skilled team that is well coached so we will have to play well to be successful.

#### Stefan Labrecque, Kings Basketball

This upcoming weekend we play at Briercrest to open the season. This will be a very difficult early season test as Briercrest has done a wonderful job of recruiting this past year and play a very similar style of basketball as we do. As always playing at Briercrest is very difficult.

#### Brian Stackhouse, Cross Country Running

This was the biggest race so far of the ACAC Grand Prix series and most Colleges brought strong teams. LCR did not attend but plans to compete in the ACAC Championships Oct. 30 in Edmonton. The Augustana race is also on the Athletics Alberta Grand Prix circuit and thus attracts several strong Open runners. The RDC Women's team had all of its top runners competing and, as a team, they won handily. The RDC Women's team is presently ranked 2<sup>nd</sup> in CCAA, behind only defending champions, Fanshawe College from Ontario.

It's been a challenge fielding a complete RDC Men's team and this week again, we only had three runners. Jon Fuller, our top male, had a school commitment and was not able to run. We do plan to have a full men's team for the ACAC Championships.

Individually in the Women's race, this was the first head to head competition between Jodi Sanguin and Fiona Benson from GPRC. Jodi was the top female in the Red Deer Grand Prix race and Fiona was the top female in two previous Grand Prix races, Grande Prairie and Edmonton. It was an excellent competition between two very strong runners with Jodi only pulling away near the end with a strong finishing kick.



Jesslyn Begin also had a strong finishing kick and placed third amongst the College runners, moving up again, this week from 5<sup>th</sup> to 3<sup>rd</sup> on the ACAC "depth chart". A couple of the runners who have been in front of her in the past seemed to have off days and it could be a challenge for Jesslyn to maintain that third position. Generally, the RDC runners, both Men and Women, ran their usual consistently strong races. The ACAC Grand Prix races are normally on Saturdays but the ASAA High School XC Running Championships were Sat., Oct. 16 in Vermilion and several of the ACAC coaches, including myself, wanted to watch.

David Colley, Queens Soccer

This weekend the Queens welcomed SAIT and Mount Royal University to the college needing one win to guarantee play off status.

After an all too familiar first half where the Queens dominated thanks to great play from the forwards and midfield the ladies came off at the half with the score at 0-0. After a quick drink and a chat the team returned to the field and within 2 minutes Kayla Keenan had chipped the keeper from 25 yards to get the lead for the Queens. It didn't stop there though and a siege was mounted against the SAIT team who rarely ventured out of their own half. Keenan crossed in a corner from the right, Stephanie Tremblay headed it on and Moira Duley arrived at the back post to rifle home a left-footed volley that would have gained a TSN HON award if the cameras were present. The siege continued but no more goals were scored, play-offs here we come.

On the Sunday MRU were the guests and the Queens approached this match with a new formation against play-off class opposition. The side executed the plan perfectly with only a couple of errors. Unfortunately one of these errors led to the visitors scoring with 10 seconds left in the first half. At half time everyone re-focused on our roles and returned to the fray. After about 20 minutes as substitutes were waiting to change the style of play to a more offensive model an MRU forward crossed into our box and the ball deflected off a Queen and looped high over our keeper into the goal. The match finished 2-0 MRU but the Queens took the game to them and were unfortunate to concede.

This Friday the squad travels to Edmonton to play NAIT in the knockout stages of the ACAC Championship Play-offs and we do so knowing that we can win if we play as we know we can.

Attached: ACAC Standings

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**About RDC:** Red Deer College has served the needs of students and the community for more than 45 years. With greater than 75 programs to choose from, we pride ourselves on providing a practical education, in a genuine and sustainable learning environment. Our 7,800 full-time and part-time credit students and more than 13,000 continuing education students are at the core of everything we do. RDC – when you get here you understand.

For more information on RDC, please visit our website: [www.rdc.ab.ca](http://www.rdc.ab.ca)

**For additional information, contact:**

Keith Hansen, Director of Athletics  
Science, Health, Sport & Education  
Kinesiology & Sport Studies  
403.342.3267